Good News For Homemakers

Milk labels show the difference

By SHIRLEY W. WALTON
Extension Agent

When you go to the supermarket to buy milk for your family do you ever wonder why the different colors on the top of the jugs or the different color of the cartons? Yes, there is a difference in them between the whole milk, low fat milk, and skim milk. Different food distributing companies and milk producers distribute them with distinct labels or markings that show which is which.

The main difference is the amount of fat in the milk. The other Federal standards for fluid milk vary slightly among the whole, low fat and skim milk categories. Today, let's take a look at what the real difference is.

Whole milk must contain a minimum of 3.25 percent fat. Low fat can have either .05 percent, 1 percent, 1.5 percent, or 2 percent fat. Skim milk must have less than .05 percent fat.

These differences in fat account for the caloric differences among milk choices. One cup of whole milk has 150 calories. 2 percent fat milk has 121 calories and 1 percent fat milk has 102 calories. Now if you really want to save calories, why not drink a glass of skim milk for only 86 calories.

Whole, low fat, and skim milk must have a minimum of 8.25 percent of what is called "Milk solids, not fats." These are protein, lactose, and minerals in the dairy cows milk.

The average composition of milk as it comes from the dairy cow is about 87 percent water, 3.5 percent each of fat and protein, 4.9 percent lactose, and 0.7 percent minerals. Fat can range between 3 and 5.5 percent and protein between 3 and 4 percent.

To get low fat or skim milk dairy processing plant using the principal of centrifungal force is able to separate the fat from other milk solids. The amount of fat removed can be changed by adjusting the equipment.

There are also slightly different standards for whole, low fat and skim milk. The addition of vitamin A which is a fat soluble vitamin is removed from milk when the fat is removed. Vitamin A must be returned to low fat and skim milk. Adding it to whole milk is optional although it is usually done.

Adding vitamin D to whole, low fat and skim milk also is optional, but has become standard procedure because we, the consumer, want it. The practice of adding vitamin D came about to prevent rickets years ago when this bone disease was found in many people. Rickets is a bone disease caused by the leaching of calcium from the bones because of inadequate sunlight or vitamin D. At the present time we rarely ever see or hear of a case of rickets in this country. Adding vitamin D to milk really did win over giving children cod liver oil. Many of you who belong to the same generation I do may well remember the flavor of cod liver oil because we had to have it. Cod liver oil was also frequently used when someone used their own milk supply from the farm.

Look carefully at labels, read them, and make a comparison. If you are trying to watch your calories, why not select the skim milk. Remember, you can drink almost twice as much milk and have the same amount of calories in two glasses of skim as you would have in one glass of whole milk.

The most important thing to remember is that adults need 2 servings of milk or dairy product equivalents per day. It is extremely important that we still get milk and dairy products in our daily diets.

If you have a homemaking question or problem, you may call 352-8244 or you may write P. O. Box 488, Appomattox, Va. 24522.

It is always a pleasure to hear from you and to help you. Have a good week!

RECIPE OF THE WEEK
Mary's Brown Sugar Pie

1 lb. brown sugar
3 tablespoons flour
3 eggs
1 stick butter or margarine
1 cup milk
1 teaspoon vanilla
1 cup pecans or coconut

Beat eggs separately and add to brown sugar and flour mixture. Margarine may be melted and added or if you are using the mixer, you may mix your margarine with the sugar, flour and then add eggs and milk. If you are using the first method, add milk and 1 teaspoon vanilla. Finally add pecans or coconut. Bake at 350 degrees for 45 minutes or until well set. This makes two pies.

Many thanks to Mary Martin, a super good cook in Appomattox County, for sharing this delicious, old fashioned recipe with us.

C.T. MOSES (left), president of Falling River Country Club and Tony Guthrie (right), FRCC Greens Committee chairman, present representatives of the local fire departments and rescue squad with money from Sunday's benefit golf tournament. Representing the volunteer organizations are Dalton Elder (Pamplin Fire Department), Donald Martin (Appomattox Fire Department) and Pete Doss (Appomattox Rescue Squad).

Yesteryears

Compiled by FRANCES ABBITT

50 YEARS AGO

Page One headline...."Local Battery Factory Firm Sees Rush"

Last August Frank C. Dresser took over the Southern Battery Co. after it had been bought in by banks at public auction. The company was doing scattering business, specializing in radio B batteries.

This November it is estimated that the company will deliver approximately one-half million flash light batteries. Last month the delivery was for one-quarter million batteries.

The company is growing and prospering under the ownership of Dresser.

On page one, "Lee Literary Society invited some members of Wilson Society to participate in its program last Friday."

Pearl Burnette, Rachel Woodson, Elizabeth Drinkard and Jean Anderson debated in very spirited fashion the question, " 'Tis better to have loved and lost than never to have loved at all."

The decision was for the negative side.

Music was provided by Ruth Hesson, Adell Audrey Thomas.

25 YEARS AGO

Fred Jones named Outstanding Farmer of the Year by Appomattox Young Farmers.

Alumnae of Appomattox High School plan supper and Men's Beauty Contest on Friday, Nov. 20.

Dr. C. R. Jones, dentist, opens office for practice in the Lee Theatre building.

10 YEARS AGO

Page One...The Appomattox District Ruritans, composed of 42 clubs and 1,500 members elected A. Travis Poole of Appomattox as District Governor at the meeting in Blackstone on Saturday.

Airman Joseph N. Foxwell completed basic training at Lackland Air Force Base, Texas.

In advertising...Round steak $1.49 pound at Wilbun's Market.

5 YEARS AGO

Page One...Appomattox Town Council agrees to co-sponsor Historic Appomattox Railroad Festival in 1980.

The Anti-Cold Homes Committee has been formed to try and see that no one goes without heat in the winter of 1979-80.

In Rocks column...We welcome Mr. and Mrs. Glenn McIntosh back after celebrating their wedding anniversary in Georgia.

ONE YEAR AGO

David Nash, Claude Anderson and Ida H. Campbell, winners in local election.

In Father Darkleaf...The fourth annual Turkey Trot Five race sponsored in Lynchburg was won by Richard Ferguson of Appomattox.

Social Page...Cathy Paulette and Kevin Haskins wed.

Nixes announce birth of son

Paul and Beckie Nix of Appomattox proudly announce the birth of their son, Paul Donald Nix III, born Saturday, Oct. 27, 1984 and weighing in at eight pounds, two ounces.

Maternal grandparents are Mr. and Mrs. Dennis Gragg of Appomattox, and paternal grandparents are Mr. and Mrs. Paul Donald Nix, Sr. of Knights Landing, California.

Mt. Shiloh news

The morning worship service at Mt. Shiloh Baptist Church was enjoyed by all attending Sunday. The Young Adult Chorus rendered beautiful music.

The public is invited to attend pre-Thanksgiving services at the church Wednesday evening, Nov. 21 at 7:30 p.m. Dinner will be served at the Community Center at 6 p.m.

Mr. Herbert E. Fleshman and Mr. Charlie Ed Tanner, area members of the Appomattox Assembly, have Christmas candies.

Attend the services of your choice, but please attend Thanksgiving services and give thanks unto the Lord.

Let us pray for the sick and shut-in of the community.

Blood pressure test set

Brenda Richardson of the Appomattox County Department of Health will be at the next American Association of Retired Persons meeting to take blood pressure tests of all wishing to have theirs checked.

Lunch will be served at noon, followed by a brief meeting, after which Jim Collins will show everyone how to box a compass.

The meeting will be held in the friendship hall of the Pamplin United Methodist Church on Tuesday, Nov. 20 at noon.

The less you know about carpet the more you need a friend in the business.

Now you've got one

We're an Armstrong Carpet Studio™—the cream of the Armstrong crop. And that means we're the best place to come to find the right carpet for your home.

Our friendly expert staff will show you extra-big samples of **over 300 colors and styles**—including Anything Goes, the only carpet with a 10-year limited warranty against matting and crushing.

And, if you're decorating around existing furniture or drapes, we'll give you the **exclusive Armstrong Carpet Color Consultation service.** That's where Armstrong's professional designers study your material swatches and suggest the perfect neutral and accent carpet colors for your decor.

So when you're looking for a new carpet, look for a friend in the business.

You'll find one right here.

THE CARPET HOUSE
Rts. 15 & 460 West (Business)
Phone 392-6000 Farmville, Va.
an Armstrong Carpet Studio
"Your Friend In The Carpet Business"

RCA
SLIGHTLY DAMAGED
SALE
We Have A Selection Of Slightly Damaged RCA TV's On Sale At Unbelievable Prices! Warranty Same As On New sets.
Appomattox RADIO, TV & APPLIANCE
RCA Whirlpool
460 West of Appomattox

Shop In Appomattox!
Save time, save money, save energy
Do yourself a favor---shop at home
You'll be glad you did!

Commercial Residential
WET PAINT
EXPERT PAINTING SERVICES
Audrey Wright, Sales Repres. — Appomattox, Va. (804) 352-5367

J. E. Jamerson & Sons
BUILDING MATERIALS
PAINTS—BLOCKS—WOODWORK
CEMENT, ETC.
352-8227
APPOMATTOX, VIRGINIA

MONUMENTS
•MARKERS •DEATH DATES
•CLEANING & REPAIRING
VISIT OUR DISPLAY ACROSS FROM LIBERTY CEMETERY
Johnny Simpson
DAY 352-5646 NIGHT 352-8909

Wilbun's
SUPERMARKET
Your Hometown Supermarket
Specializing in U.S. Choice Western Beef & Quality Groceries at Budget Prices
APPOMATTOX, VIRGINIA

BURGER KING
HIGHWAY 460—Appomattox
"We Make It Your Way"

CARDINAL Chevrolet
CHEVROLET SALES AND SERVICE THAT SATISFIES
DIAL 352-2323
Appomattox

Read The Times-Virginian
Keep Informed

Jamerson Bros. TRUCKING CO., INC.
PHONE 352-8211
★ Local and Long Distance Hauling
APPOMATTOX, VA.

CENTRAL FIDELITY BANK
Your Area FULL SERVICE BANK
APPOMATTOX, VA.

Classified Ads Can Work For You
CALL
352-8215
The Times-Virginian

Farmers National BANK
Member F.D.I.C.
Member Federal Reserve
DIAL 352-7171
Appomattox, Virginia

D.S. NASH Construction Co.
GRADING & PAVING
HOME CONSTRUCTION
PH: 352-6784
APPOMATTOX, VA.

Happy Thanksgiving, Appomattox!

Special Holiday Recipe Book included in this week's Times-Virginian

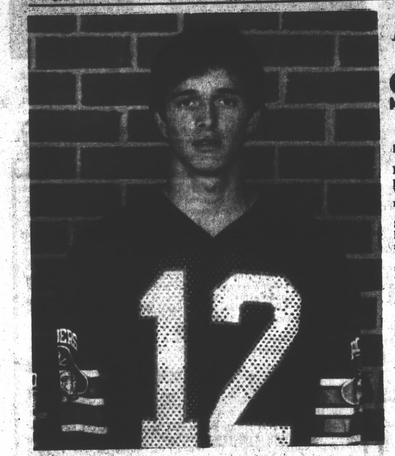
16 002178 00020 120
JEAN T. HEAR
HEAD VA. STATE LIBRARY
RICHMOND VA 23219
NOV 1984

TIMES-VIRGINIAN

A LIVELY WEEKLY NEWSPAPER AT HISTORIC APPOMATTOX COURTHOUSE, VIRGINIA

Single-Copy Price: 25 Cents

Volume 82 - Number 48 | Deadline: 5 p.m. Monday | Appomattox, (Va.) - Times-Virginian - November 21, 1984 | Phone 352-8215 | Two Sections - 22 Pages



PAUL JOHNSON, a senior at Appomattox County High School, was named this week to the first team of the All-Region III, Group AA football team, as the squad's quarterback. Johnson, the son of Mr. and Mrs. Fred D. Johnson of Appomattox, was a leading passer in the region this year. Mike Jackson, one of his receivers, received honorable mention in the team of the All-Seminole District team this year, as was Jackson. Six other members of the 1984 Appomattox varsity football team also received recognition in the voting for the All-Seminole District Team. (See story, page 6).

For gifted and talented students

Special school planned in area

By FRANCES ABBITT

The Appomattox County School Board voted Thursday to participate in the Magnet School, a Central Virginia school for students gifted in math and science.

The school, with Heritage High School in Lynchburg as possible location, will begin with the 1985-86 session.

Juniors and seniors from high schools within the Lynchburg area will apply for admission. Only those who meet the standards set by the school will be selected.

It is anticipated that approximately fifty students from the school divisions in the Lynchburg area will participate.

Participating students will find the Magnet School's schedule somewhat flexible. It will be possible for some students to participate in the Magnet program and remain at Heritage High School for other regular subjects they wish to take. Still other students may prefer to take math and science at the Magnet School and return to their respective schools within the division for regular subjects.

The new program will offer educational opportunities for those gifted students in math and science that are not available in many of the high schools within the area.

Mrs. Deborah Powell was appointed by the Appomattox County School Board to serve as a member of the Magnet School Board. She accepted this appointment following the board's acceptance of her resignation as member of the Laurel School Board. Robert G. Stewart was appointed to replace Mrs. Powell on the Laurel School Board.

Some Appomattox County parents have expressed concern about the money-making projects conducted by school clubs and PTA's during the current session. Money making projects at the Appomattox Primary and Appomattox Elementary Schools are conducted by the PTAs. A number of clubs at the Appomattox Middle School and Appomattox County High School conduct money making projects. Many of these projects mean door-to-door selling, selling items to individuals in the community.

The board instructed Lloyd Walton, superintendent of Appomattox County Schools to recommend at the next meeting a committee to study money making projects conducted by the schools and to come up with policies and guidelines for the board to consider to govern school money making projects beginning with the 1985-86 session.

In other business the board approved appointment of the following to vocational education advisory committees for a three year term: Agricultural Education - Marvin Mithcell, Dennis Torrence, Mrs. JoAnne Randolph; Business Education - Phillip Paulette and Dale Weakley; Home Economics Education - Bernadine Garrett and Susan Williams.

Despite shrinking membership

Historic church hangs on

By FRANCES ABBITT

Trinity United Methodist Church stands by the side of the road on Route 615 in Red House, gleaming white with four large pillars marking the entrance. The membership is small, the average attendance is even smaller, but those who attend are faithful.

"The church claims to have 28 members," said J.W. Waller, a member who today resides in Lynchburg.

Waller and his wife, both retired, drive down from Lynchburg every Sunday for services.

"We have an average attendance of 10 on Sunday. We have Sunday School every Sunday and worship service twice each month," Waller added.

James Fleshman, 81, of the Red House community, is the oldest member. He and his wife attend regularly.

"I remember well when we had a big membership and a good attendance too. That was approximately 20 years ago," Fleshman said.

Today there is only one Sunday School class, made up entirely of adults. No children attend the church on a regular basis.

"We used to have lots of children in our congregation, but they all grew up and moved away," said Fleshman.

"All the members today, with the exception of maybe two, are in their late 60's and 70's and it worries us about what will happen when we die out," Fleshman added. Because of this, the Church Cemetery has been put under control of a board of trustees.

Trinity United Methodist Church in Red House was organized in 1887. The first trustees for the church were R.E. Musgrove and L.H. Hammersley. These men purchased two acres of land near Red House on the south side of the road leading from Red House to Campbell Couty for "use of the Trinity Methodist Church South" from John W. Elam, I.D. Williams (Isabelle D.) and S.J. Elam (Susan J.), the children of John Elam. This land was cut from a 728 acre tract of property these three inherited from Ann G. Davis, their maternal aunt.

The church building was completed in June 1888 by contractors Jones and Ligon at a total cost of $1,000.

Today, Trinity United Methodist Church is one of a four-church charge under the pastorate of the Rev. Wayne C. Moore.

The membership may be small, the attendance even smaller but those who do attend are faithful and active. The church building was recently remodeled inside and painted outside. A new graveled driveway and facilities for the handicapped area part of the improvements.

"We don't owe anything," said Mr. Waller proudly.

At one time, however, the financial state of the church was in pretty bad shape.

"It was back in the days of the depression," recalled Mr. Fleshman. "And I remember one collection as though it was yesterday. We had a young, new preacher. All of us put in what we could, maybe one man put in a dime, another a nickle. Possibly a few put in more. The total collection was so small that when the young minister saw the collection plate he looked at it a few minutes and then said "If this is all there is, maybe you people need it more than the church, please come forward and take back what you put in the collection plate."

Trinity United Methodist Church, Red House, small in number but strong in faith, keeping on keeping on, never giving up, that's the way it is!

Trash collection deferred

There will be no trash collection on Thanksgiving Day, Nov. 22.

The town garbage trucks will be picking up trash on Friday, Nov. 23.

At least not in Appomattox

Don't shoot the bears!

Bears are not legal game in Appomattox County, according to Appomattox County Game Warden Charles Torrence.

One or more bears have been sighted in Appomattox County during the past several months, and some area residents have expressed concern that the animals might be endangered with the opening of deer season Monday and the consequent increase of hunters and hunting dogs in the woods.

Last Wednesday, one county resident spotted a bear in the road near Holiday Lake, and bear tracks have been found in the Hixburg area.

In addition, a bear was spotted recently along Route 60 near Buckingham County High School.

While bears are not considered native to this area, they do occasionally wander into Appomattox and Buckingham Counties from mountainous areas, according to an official at the Virginia Division of Game and Inland Fisheries.

Hunters who spot bears in the woods in counties where there is no bear season should leave them alone, according to game officials. A bear killed illegally could get the hunter as much as $750 in fines and replacement fee.

Hartman wins contest

Mary Hartman of Pamplin was declared winner in the final Football Contest of the 1984 season last week, when she missed accurately predicting the outcome of only one of the contest games.

Alvin Booker of Gladstone was declared the second-place finisher in the contest, after a tiebreaker with Ruby Bryant of Appomattox.

Booker and Bryant both missed accurately predicting the outcomes of three of the contest games. In the tiebreaker, where contestants attempt to predict the exact scores of two of the contest games, Booker's predictions were closer to the actual scores than were Bryant's.

Hartman will receive a check for $20 from the Times-Virginian for her performance in the contest. Booker will receive a check for $10 from the paper for taking second place.

Pamplin cannery to close

The Pamplin Community Cannery will close for the remainder of the 1984 canning season at the end of November. The last day of operation for this season at Pamplin will be Wednesday, Nov. 28.

Persons in the Pamplin area are requested to call Mrs. Grace Williams at 352-2222 or at her home phone (248-5794), to make appointments for processing of food at the Appomattox Cannery.

The Appomattox Cannery will operate on Thursday only until volume demands more days. It is anticipated that the Appomattox Cannery will remain open until Thursday, Dec. 20.

The Pamplin Cannery had a greater volume in 1984 than in 1983. However, the drought condition in September resulted in low volume for October and November.

Father Darkleaf

By CALVIN ROBINSON

Looking out upon a damp, dreary day, one ponders that it might be nicer to be preparing for Spring instead of Winter. But Thanksgiving Week and then the parade to Christmas will rally drooping spirits and Macy's Christmas Parade down Broadway will be a highlight. There will be many Christmas parades. In Keysville it will be on Dec. 9. Appomattox showed off at its big Railroad Festival, but we keep the door open for Santa Claus. I have much to celebrate, inlcuding our 52nd wedding anniversary this Saturday. Ah yes, let us join in the true spirit of the season. I am told that a goodly sum of money was raised Sunday in our community to send food to those in desperate need in Africa. And a phone call moments ago informs us of the death of our longtime friend and neighbor, Mrs. Hazel Buchanan. She will be remembered as the wife of our late Mayor, George B. Buchanan.

Leaves are falling and so are many motorists. Latest Virginia highway death total an awesome 873.

On the bright side, several state college football teams are likely to be in post-season games. With its first winning season in several years, Univ. of Richmond will face Boston University and Virginia and VPI are expected to be chosen for bowl games.

Lots of reading to do. Rev. C.E. Lipscomb, Appomattox, brought me copies of some of the finest daily newspapers to be found. Sunday editions of Baltimore Sun, Philadelphia Inquirer, Cleveland Plain Dealer, etc. The Plain Dealer issue must weigh ten pounds and over 200 pages.

An so informative are two issues of "Coming Events In Britain." Compliments of the Ed Hopkinsons. Aimed at those planning a visit to England, attention is directed to where to go, what to see, where to eat and how to travel. Plus bits of English history. Such as the story of John Logic Baird. The son of a clergyman, he was born in 1888. Well educated, he traveled and had a fabulous career, until ill health forced semi-retirement. His restless mind turned to invention. Living in attic rooms and poverty, he experimented in the field of light and sound and on Oct. 1, 1925 he hit the jackpot...first Television! On Jan. 26, 1926 he invited a noted assembly for the first public demonstration of TV. His original apparatus is on display in London's Science Museum. Baird followed with the first color transmission and in 1928 the first transmission across the Atlantic...The first play ever televised was Pirandello's "The Man With A Flower In His Mouth" in 1930. Others added to the saga of TV and today it is a major factor in life.

Wow, I feel like I have been traveling down Memory Lane. Thanks for this material to write about, and thanks for reading.

Inside This Week

ASCS Today.....Page 4
Classified.....Page 12
Happiness Is 4-H.....Page 4
Homemakers.....Page 11
Letters.....Page 5
Obituaries.....Page 2
Social News.....Page 10
South 40.....Page 4
Sports News.....Page 6
Worship.....Page 3

Yesteryears column does not appear in this week's issue of theTimes-Virginian. It will appear in next week's paper.

REGINALD W. COLES, JR. of Bruce and Stitt Funeral Home presents checks to the Anti-Cold Homes Program in Appomattox County on behalf of the Appomattox Chapter of NAACP and the Appomattox Assembly. Accepting the checks is Mary Walker, secretary of Appomattox Anti-Cold Homes Program.